

235.05

Children and Women Receiving WIC Formula

Introduction

This food package is called Food Package III in the federal regulations. It is provided to children and women with qualifying conditions that require WIC formula (infant formula, exempt infant formula and WIC-eligible nutritionals) because the use of conventional foods is precluded, restricted or inadequate to address their special nutritional needs.

This food package is not authorized for the following groups of participants:

- Women and children who have a food intolerance to lactose or milk protein that can be successfully managed with one of the other WIC food packages; or
- Any participant solely for the purpose of enhancing nutrient intake or managing body weight without an underlying medical condition.

Contents

The contents of this food package are listed in the table below.

Food Category	Children 1 – 5	Pregnant or Partially (mostly) Breastfeeding	Postpartum (Up to 6 Mo.)	Fully Breastfeeding (Up to 1 Year)
Juice, single strength	128 oz	144 oz.	96 oz.	144 oz.
WIC formula	455 fl. oz. concentrate	455 fl. oz. concentrate	455 fl. oz. concentrate	455 fl. oz. concentrate
Milk, fluid*	16 qt.	22 qt.	16 qt.	24 qt.
Breakfast cereal	36 oz.	36 oz.	36 oz.	36 oz.
Cheese	N/A	N/A	N/A	1 lb.
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Fruits and vegetables	\$9.00	\$11.00	\$11.00	\$11.00
Whole wheat bread or whole grain options	2 lb.	1 lb.	N/A	1 lb.
Fish (canned)	N/A	N/A	N/A	30 oz.
Legumes, dry	1 lb.	1 lb.	1 lb.	1 lb.
Peanut butter	OR 18 oz.	AND 18 oz.	OR 18 oz.	AND 18 oz.

Notes:

- This is the only food package that can provide whole milk to children over 2 years of age and to women participants. Therefore, food packages with whole milk must also provide WIC formula.
- See page 3 for the option to provide jarred baby foods in lieu of the CVB and infant cereal in lieu of breakfast cereal.

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Medical documentation required

Medical documentation is required for the formula and the supplemental foods issued in this food package. See Policy 235.50 for more information.

Coordination with Medicaid

For participants receiving benefits from the Medicaid Program, the Iowa WIC Program is the first payer for exempt infant formulas and WIC-eligible nutritionals. See Policy 235.30 for more information.

Quantity of formula

Tailor the quantity of formula based on the prescription from the prescribing health care provider.

Providing ready-to-feed formula

Ready-to-feed formula may be issued in the following cases:

- The person caring for the participant may have difficulty correctly diluting concentrated or powder formula;
- The household has an unsanitary or restricted water supply or poor refrigeration;
- The prescribed formula is only available in ready-to-feed;
- If ready-to-feed better accommodates the participant's condition; or
- If ready-to feed improves the participant's compliance in consuming the prescribed formula.

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Milk substitutions

The table below summarizes substitutions for milk and the maximum quantities allowed.

Food	Children	Pregnant and Partially (mostly) Breastfeeding	Postpartum (Up to 6 Mo.)	Fully Breastfeeding (Up to 1 Year)
Cheese 1 lb. = 3 qt. milk	1 lb. (3 qt.)	1 lb. (3 qt.)	1 lb. (3 qt.)	1 lb. in standard package 2 lb. as milk substitute (6 qt.)
Soy beverage 1 qt. = 1 qt. milk	16 qt.	22 qt	16 qt.	24 qt.
Tofu 1 lb. = 1 qt. milk	16 lb.	22 lb.	16 lb.	24 lb.
Yogurt 1 qt. = 1 qt. milk	1 qt.	1 qt.	1 qt.	1 qt.

Notes:

- For children, soy based beverage and tofu may be substituted for milk as determined appropriate by the health care provider per medical documentation. (No more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt, or tofu). Additional amounts of tofu may be substituted, up to the maximum allowance for fluid milk as determine appropriate by the health care provider with medical documentation.
- For women, no more than a total of 4 quarts of milk may be substituted for a combination of cheese, yogurt or tofu for women in the pregnant, partially breastfeeding and postpartum food packages. No more than a total of 6 quarts of milk may be substituted for a combination of cheese yogurt or tofu for women in the fully breastfeeding food package. Additional amounts of tofu may be substituted, up to the maximum allowances for fluid milk, as determined appropriated by the health care provider per medical documentation.

Milk substitutions

Refer to policies 235.06, 235.07, 235.08 and 235.09 for appropriate milk substitution rates by participant category.

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Supplemental foods

Provide the appropriate supplemental foods (juice, milk, cereal, cheese, eggs, fruits and vegetables, whole wheat bread and whole grain options, fish, legumes and peanut butter) in the recommended amounts based on the medical documentation from the prescribing health care provider.

Note:

Although it is possible and allowed by the program regulations, it is unlikely to receive prescriptions for the maximum amount of every supplemental food allowed under this food package.

Infant foods in lieu of CVB or Infant cereal in lieu of breakfast cereal

As determined appropriate by the health care provider per medical documentation a child or woman may receive infant foods in lieu of the CVB or infant cereal in lieu of breakfast cereal.

- Children – Maximum substitution of 128 oz. of infant food fruits and vegetables in lieu of the \$9.00 CVV.
- Women – Maximum substitution of 176 oz. of infant food fruits and vegetables in lieu of the \$11.00 CVV.
- Women fully breastfeeding multiples – Maximum substitution of 264 oz. of infant food fruits and vegetables in lieu of the \$16.50 CVV.
- 32 oz. of infant cereal may be substituted for 36 ounces of breakfast cereal

Medical documentation and supplemental foods

Health care providers may refer to the WIC CPA for identifying appropriate supplemental foods (excluding WIC formula) and their prescribed amounts, as well as, length of time the supplemental foods are required by the participant. This allowance must be indicated by the health care provider on the medical documentation form.